

## MILLVILLE PUBLIC SCHOOLS SENIOR AND MEMORIAL SCHOOL'S LUNCH MENU October 2014



A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, fruit side dishes, and a choice of milk. Milk choices include skim milk, 1% white and skim chocolate.

School lunches offer students the opportunity to create a meal from a variety of food groups.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Millville Public Schools now offers <i>Myschoolbucks.com</i> an online payment and cafeteria information source.	Prutts Grains Vegetable Protein Choose My Plate.gov	Chicken Dipper Day Chicken Tenders, Spicy Tenders Or Popcorn Chicken Dipping Sauce French Fries Seasoned Spinach	Chicken Fajita's Peppers, Onions, Salsa, Cheddar Cheese/ Sour Cream Whole Grain Fiesta Rice Corn	Pizzeria Style Pizza or Stuff Crust Pizza Tossed Romaine Salad French Fries Garbanzo Beans
Grilled or Breaded Chicken Patty on a Bun Ranch Or Honey Mustard Lettuce and Tomato Broccoli With Cheese	Cheese Steak Bar Fried Onions/Peppers/Mushrooms Lettuce and Tomato French Fries Fresh Pears	Roasted BBQ Chicken Macaroni and Cheese Stewed Tomato Green Beans	Pizzeria Style Pizza or Stuff Crust Pizza French Fries Tossed Romaine Salad	No School
No School Columbus Day	Chicken Fajita's Peppers, Onions, Salsa, Cheddar Cheese/ Sour Cream Whole Grain Fiesta Rice Corn	Cheese Steak Bar Choice of Chicken or Beef Fried Onions/Peppers/Mushrooms Lettuce and Tomato French Fries Chilled Pears	Nacho Bar Lettuce/Tomato/Cheese/Sour Cream/Salsa Whole Grain Fiesta Rice Corn	Homemade Sheppard's Pie French Fries Broccoli Ranch Salad Dinner Roll
Toasted Cheese Sandwich Tomato Soup Or Homemade Chili French Fries Chilled Fruit	Chicken Parmesan With Pasta or On a Bun Seasoned Spinach Chilled Fruit	Cheese Steak Bar Fried Onions/Peppers/Mushrooms Lettuce and Tomato French Fries Chilled Pears	Chicken Dipper Day Chicken Tenders, Spicy Tenders Or Popcorn Chicken Dinner Roll/ Dipping Sauce Seasoned Carrots	(24) Stuff Crust Pizza or Homemade Lasagna French Fries Tossed Romaine Salad Garbanzo Bean
Spaghetti and Meatballs Garlic Breadstick Or Meatball Sub Steamed Broccoli Fresh Apple	Burger Bar Sautéed Onions, Mushrooms Lettuce/Tomato French Fries Savory Baked Beans	"Chicken Bowl" Popcorn Chicken Over Mashed Potatoes/Gravy/ Cheddar Cheese/Corn 100% Fruit Juice Cup	Nacho Bar Choice of Nachos or Hard or soft Tacos Lettuce/Tomato/Cheese/Sour Cream/Salsa Whole Grain Fiesta Rice Corn	(31 Pizzeria Style Pizza or Stuff Crust French Fries Tossed Romaine Salad Garbanzo Bean

ALTERNATE ENTRÉE: ASSORTED COLD SANDWICHES, SALADS, SUBS, PEANUT BUTTER & JELLY SANDWICHES TURKEY PEPPERONI OR TURKEY HAM AND CHEESE ON A PRETZEL BUN, PIZZA, CHICKEN PATTIES